**Multidimensional TGD Resilience Scale**

**Instructions:**

Thinking about your current experiences, rate how strongly you agree or disagree with each of the following statements. Throughout we have used TNB as an abbreviation for transgender and nonbinary people. We recognize that there is not a singular term that reflects everyone’s experiences and intend this to be an umbrella term to reflect anyone whose gender differs from that typically associated with their sex assigned at birth.

**Response Options:**

1 = Strongly disagree; 2 = Disagree; 3 = Neither agree nor disagree; 4 = Agree; 5 = Strongly agree

**Scale Items:**

1. One way that I make it through hard times is by finding joy in my gender experience.
2. To get through difficult times, I have compassion towards myself as a TNB person.
3. Having hope about my future as a TNB person helps me through hard times.
4. One way that I persevere as a TNB person is loving myself.
5. I embrace myself as a TNB person by defining my own path.
6. Having people in my life who accept my gender helps me heal more quickly.
7. Maintaining connections to loved ones helps me overcome hardships I face as a TNB person.
8. My relationships provide hope for my future as a TNB person.
9. I am able to face life's challenges because I have people who support my TNB identity.
10. Other people's acceptance of my gender empowers me to tackle other challenges in life.
11. One reason I can bounce back from challenges is because I have others in my life who respect my transition choices.
12. I have hope because I have people in my life who go out of their way to protect me as a TNB person.
13. Engaging with TNB communities online or in person helps me get through hard times.
14. I feel a sense of purpose knowing that I am part of a larger TNB movement.
15. I have hope for my future because of what I’ve learned from TNB role models.
16. Solidarity with other TNB people helps me handle challenges in my life.
17. Showing others that it is possible to thrive as a TNB person gives me a sense of purpose.
18. Having access to TNB-specific supports helps sustain me when times are hard.
19. I can find purpose when advocating for the rights of TNB people.
20. Seeing others advocate for TNB people helps me feel hopeful.
21. Distancing myself from people who invalidate my gender allows me to persevere.
22. I can face challenges in my life because I have distanced myself from nonaffirming communities.
23. Disconnecting from anti-trans media helps me deal with hardships.
24. Separating myself from the negative societal messages I get about TNB people helps me cope.

**Items Divided Across the Subscales:**

Individual Subscale (IND)

1. One way that I make it through hard times is by finding joy in my gender experience.
2. To get through difficult times, I have compassion towards myself as a TNB person.
3. Having hope about my future as a TNB person helps me through hard times.
4. One way that I persevere as a TNB person is loving myself.
5. I embrace myself as a TNB person by defining my own path.

Interpersonal Subscale (INT)

1. Having people in my life who accept my gender helps me heal more quickly.
2. Maintaining connections to loved ones helps me overcome hardships I face as a TNB person.
3. My relationships provide hope for my future as a TNB person.
4. I am able to face life's challenges because I have people who support my TNB identity.
5. Other people's acceptance of my gender empowers me to tackle other challenges in life.
6. One reason I can bounce back from challenges is because I have others in my life who respect my transition choices.
7. I have hope because I have people in my life who go out of their way to protect me as a TNB person.

Community and Societal Engagement Subscale (CSE)

1. Engaging with TNB communities online or in person helps me get through hard times.
2. I feel a sense of purpose knowing that I am part of a larger TNB movement.
3. I have hope for my future because of what I’ve learned from TNB role models.
4. Solidarity with other TNB people helps me handle challenges in my life.
5. Showing others that it is possible to thrive as a TNB person gives me a sense of purpose.
6. Having access to TNB-specific supports helps sustain me when times are hard.
7. I can find purpose when advocating for the rights of TNB people.
8. Seeing others advocate for TNB people helps me feel hopeful.

Community and Societal Disengagement Subscale (CSD)

1. Distancing myself from people who invalidate my gender allows me to persevere.
2. I can face challenges in my life because I have distanced myself from nonaffirming communities.
3. Disconnecting from anti-trans media helps me deal with hardships.
4. Separating myself from the negative societal messages I get about TNB people helps me cope.

**Scoring:**

* To get a composite score for a subscale, calculate the average for the items in that subscale.
* To get a composite score for the full-scale, calculate the average all 24 items.